

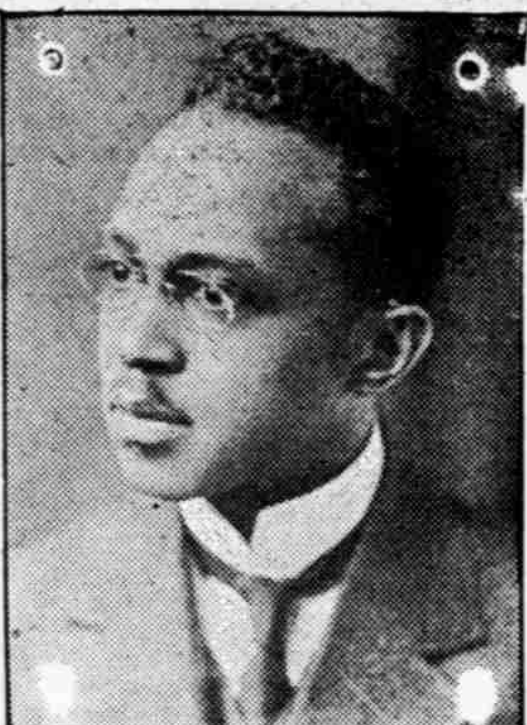
Talks on

HEALTH,
CLEANLINESS,
PROPER LIVING,
SANITATION, ETC.

BY

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PTOMAIN POISONING.

The term ptomaine poisoning has been made to mean food poisoning of germ origin. At least that is the meaning that is intended by popular consent. Custom has decreed it and hence we use the terms ptomaine poisoning and food poisoning synonymously. But there is a technical difference sometimes, for instance, food poisons may be of two kinds, endogenous poisons, meaning from within and exogenous poisons meaning from without. The endogenous food poisons, an example of which is the poisonous mushroom, should not be regarded as foods. The exogenous food poisons are the most common and are made poisonous by accidental contamination. Any food is liable to become poisonous under certain circumstances; this is true especially of nitrogenous substances, meats, eggs, ice cream, milk and the like. Such foods contain micro-organisms that are harmless and even beneficial within certain limitations; but when those germs are permitted to reach the disease producing stage in those foods they cause ptomaine poisoning. They cause a symptom complex called by different names, depending upon the organ that happens to be overcome by the germs and their poisonous products.

Pain is a prominent symptom that is often earlier than any other symptom; it is certainly the most distressing symptom. Vomiting is perhaps second

only to pain in the time of its appearance and in its power of producing distress.

Diarrhea and constipation are found in certain cases of ptomaine poisoning. The latter is more often found than is the former. Gases are produced in the stomach and intestines by the action of certain germs; the process is called fermentation. Foul odors of the breath and of the excreta are produced by chemical disintegration of putrefactive products of germs.

The germs render us a double service; they produce good or ill, depending upon time, quantity and quality. They contaminate water and thus produce disease; they attack foul water and purify it, thus aiding health processes. The making of cheese, the aroma and palatability of wines and beers, as well as other gustatory enjoyments of our foods, depend upon the action of germs, microscopic in size but mighty in performance.

Ptomaine poisoning is often caused by not removing canned meats, fish and other canned foods at once upon opening before chemical changes are produced by the combined action of the tin, the air and the germs. The poisons thus formed are powerful alkaloids called ptomaines by students of physiological chemistry.

If the body is not properly cared for internally, ptomaine poisoning is more than a possibility.

Charles E. Stump Attended the A. M. E. Conference at Wichita, Kansas, Where he Feasted on Fried Chicken and Sweet Honey, then departed for Houston, Texas.

Kansas City, Kansas.—Things have been moving along nicely in Kansas, because I have been to Wichita, Kans., to attend a conference held by Bishop H. Blanton Parks, D. D., of Chicago who is doing some real good for all of his people and the whole country. He must do some real riding in order to cover his district believe me.

In Wichita the 41st session of the Kansas Conference was held. It opened on Wednesday morning, September 27, and it was a fine opening, then followed the annual address of Bishop Parks. He said something about opening a new century. I think it was the first session of the conference in the second century of his church, and believe me that man did make some talk.

There was introduced to the conference one of the most successful lawyers in that section of the country. He is a man who is doing things up right, and he was Lawyer E. P. Blakemore. He made a few remarks and invited the whole conference to join him at one o'clock in an automobile ride. This was accepted.

All the dinner was served right in the church, and I partook of it myself, and when it was over there were on the outside 30 real automobiles ready to take the conference. This was headed by Lawyer Blakemore in his private car, and following him was one containing Mayor Bentley, of the city of Wichita, one of the City Commissioners, Bishop and Mrs. Parks, and in the next to be found Presiding Elders J. T. Smith, J. C. Owens, and H. W. King, and I was invited to take a seat in the same car with them big elders, which I accepted, and then in the other cars followed the elders and members of the conference, and there was room for a number of the women. It was a great ride.

Wichita is a growing town, but now will you stop and think what happened. The mayor of a big city joining in showing the conference his town. I have never seen or heard of anything like it in my life. No one would ever take Bishop Parks for a White man, yet he rode right by the side of the Mayor, and the biggest man in this town was not ashamed to be with one of us.

After it was all over, he delivered us at the church and at night returned and told us just how welcome we were to the city, and said that he stood ready to do anything in his power for the comfort and happiness of the conference, and I believe he meant it. God bless such big men as this. He is just a man every inch of him.

Well, the conference was well attended and the men are getting ready to get down to business. They are just pushing things to the front, and it is hard to tell where they will end. I reached the city and was assigned to stop at the home of Mrs. Covington with a number of other preachers. One of them Rev. H. H. Jones, demanded that he be given a room to himself as he never slept in a room with any one. Well, we were all happy during the week except that one preacher, and I was glad to see him that way. They were all preachers, and I don't see why he would refuse to stay in a room with his brother ministers.

Rev. J. R. Ransom, D. D., of Kansas City, Kans., was some pumpkins in the conference, and they declare that they are going to get behind him during the next annual or general conference and make him a bishop. Well, he has won the place and I will be proud to see it. Rev. R. H. Singleton, of Georgia, is on the same shelf, and I think they will find him when they get to making up the slates. He is a deserving man.

But this is not time to talk about General conference and making bishops, but let us see where I have been and what I saw there. Well I had the pleasure of meeting Dr. H. T. Kealing, A. M., president of the Western University, Quindaro, Kans., who is some educator. Now that man came along and he did make some real speeches. I had the pleasure of hearing him speak. It was just one of those speeches you read about. He left for Texas. Then there was Prof. John R. Hawkins.

Prof. Hawkins is financial secretary of the A. M. E. church, and he was one of the speakers there. He just picked them people up and carried them around, so to speak. He was right at home. I was delighted to look into the faces of these good people. I wanted to say more to them but it was impossible to do so.

Now I went around and met some of the leading men and women of the town, visited the schools, talked with the teachers. They were all delighted to see and be with me. I am sorry that I cannot tell you all the things that took place while I was there.

The conference closed and I spent the night with several of my sister's daughters. They were glad to see their Uncle Charley, and he was glad to see them, believe me, honey. They had one more chicken dinner for their uncle they had not seen for years. They were Mrs. Lillie Fielder and Miss Mabel Overstreet. These young people were doing good. Mrs. Fielder had lost by death her husband. Her brother was there, also her father, Milton Overstreet. He has some chickens to his credit, believe me, honey.

I have been to Topeka, and had the pleasure of visiting a school there, which is called the Western Tuskegee. At the head of this institution is Prof. W. R. Carter, an educator. I was the guest of Mr. and Mrs. J. M. Wright, and it was a nice thing to be their guest. Mr. Wright was for a long time the real treasurer of Topeka, Kans., and now he holds another important position there, and is the only member of our race that is a registered public accountant. He knows his business when it comes to that.

Truly John M. Wright is a representative of his race. He believes in the possibility of his people and for them he is spending his life. For a long time he has been actively engaged in the National Negro Business League, and will continue with them. His wife is one of the best singers this race has in America. She was for a long time with Blind Boone, and when she married took hold of her beautiful home in Topeka. She is connected with the things that mean to help the race. I am proud to know these good people. I met Rev. Jesse Peek, and Rev. T. L. Griffith, who is pastor of the Baptist church, and there is one church without a preacher, and I thought one time I would get it or settle up.

Dr. Chesta Augusteene Deane is the leading druggist in the town, and she is one of the finest women I have ever met. She is right down to business, and is doing well in the city. I want to here congratulate her on the good work she is doing.

Now I will have to bring this letter to a close until the next time. I hope to be able to keep you reading what I am doing and where I am going. My next letter will be from Houston, Texas, or some other southern point.

Undue Taxation of Evidences of Indebtedness Makes Debtor Pay Twice.

A conspicuous injustice which the constitutional amendment, to be voted on November 7, will make it possible to remedy, is double taxation. The taxation of mortgaged property and of mortgages as well as some other forms of intangible value occasions frequent complaint of "double taxation." Most farms and most homes in Illinois today are bought on the part-payment plan, a little cash and a note secured by mortgage being given by the purchaser.

A mortgage on land is taxable. And in effect is double taxation. Two tax values have been created where only one before existed. In paying the interest the mortgagor must pay all or part of the tax which the mortgagee is obligated to pay. The fact that the mortgagee evades taxation generally does not benefit the mortgagor. Mortgaged land is land burdened with double taxation.

Suppose that a man sells a horse for say \$200 and takes a note for it, the note becomes taxable. Suppose, further, that the buyer sells the horse to another man for another note, this second note becomes taxable. This same horse may be sold indefinitely on credit creating a taxable value each time that it is sold.

Many other examples might be cited. The merchant who buys a stock of goods on credit may have in bank on assessment day the money to pay his debt. In that case, the money, the goods and the credit are all three subject to taxation and the merchant cannot, now, offset his debt against his money in bank nor the goods on his shelves.

Modern laws regard mortgages and kindred values as differing in character from other property and tax them according to ability to bear the tax. Greater justice and a better basis for revenue result.

Black Maria.

Some years ago a writer in the English Notes and Queries, writing about the name "Black Maria" as applied to prison vans, quoted from a periodical, presumably English, named the Million, as follows:

"During the old colonial days Maria Lee, a negress, kept a sailors' boarding house in Boston. She was a woman of gigantic size and prodigious strength and was of great assistance to the authorities in keeping the peace, as the entire lawless element of that locality stood in awe of her. Whenever an unusually troublesome person was to be taken to the station house the services of Black Maria, as she was called, were likely to be required. It is said that she once took at one time and without assistance three riotous sailors to the lockup. So frequently was her help required that the expression 'Send for Black Maria' came to mean 'Take the disorderly person to jail.' It is easy to see how the name became fixed to the prison van."

Our Medal of Honor.

The medal of honor of the United States, given for bravery on the field of battle, was first instituted in 1862 by a law approved July 12 of that year. It is a five pointed star of bronze tipped with trefol, each point containing a crown of laurel and oak. In the middle, within a circle of thirty-four stars, America, personified as Minerva, stands with her left hand resting on the fasces, while her right, in which she holds a shield emblazoned with the American arms, she repulses Discord, represented with two snakes in each hand, the whole suspended by a trophy of two crossed cannon balls and a sword surmounted by the American eagle, which is united by a ribbon of thirteen stripes, palewise, gules and argent and a chief azure, to a clasp composed of two cornucopias and the American arms.

Size of the Roman Empire.

According to the historian Gibbon, the Roman empire "was above 2,000 miles in breadth, from the wall of Antoninus and the northern limits of Dacia to Mount Atlas and the Tropic of Cancer; that it extended in length more than 3,000 miles, from the western ocean to the Euphrates; that it was situated in the finest part of the temperate zone, and that it was supposed to contain above 1,600,000 square miles."

According to this, the Roman empire was considerably smaller than the United States, the area of which (leaving out Alaska and the islands) is nearly 3,000,000 square miles, or almost twice as big as was the empire of the Caesars.

Airships and Altitude.

There are two ways of measuring altitude in a flying machine. One is by triangulation from the ground, which is an involved operation, requiring the services of several trained experts in the calculation of angles from different points on a measured distance on the earth's surface. The second and usual way is by means of a barograph, which is a form of aneroid barometer that records altitude by means of atmospheric pressure. The latter method is not as exact as the former, but is more expeditious and is approximately correct.

End of the Story.

"Oh, if I were only beautiful," she sighed artfully. "I wouldn't care if I were you," he said. "You are very intellectual and you have a sweet disposition. Besides, you are nice to your mother, and all that is much better than being beautiful." And he was never invited to see her again.—Fall Mail Gazette.

Happy Boys.

"The Smiths twins are so much alike that their own mother can't tell them apart." "That must be rather confusing." "It is, but the boys don't mind it. Their mother never dares to whip either of them for fear it might be the wrong one."—Exchange.

Important.

"My dear, what shall I buy you for your birthday?" "Consult our jeweler. He knows pretty well what my tastes are." "And did you tell him anything about the state of my finances?"—Kansas City Journal.

Her Tact.

Howard—Did she refuse you, old man? Coward—Well, in a delicate, indirect way. She told me she never wanted anything she could get easily.

PRACTICAL HEALTH HINT.

The Inattentive Child. Never scold a child who is dull or heedless nor one who seems to refuse to pay attention. Take such a child to a physician for an examination, for many times there will be found explanations for his conduct—his ears may be diseased or filled with impacted wax, which dulls or prevents his hearing. His eyesight may be so defective as to keep him from fixing his gaze upon anything. Children who are normal and well are bright, alert, attentive and responsive. Those who are ill or suffering from disease of the nervous system, some defect of hearing or vision, are unable to do anything as it should be done and deserve pity and never blame.

Origin of Felt.

Many centuries ago a poor monk was compelled to travel upon a long and arduous journey. His road was rocky, his sandals were worn, and he suffered agonies as he trudged grimly upon his holy errand. One day as he sat by the wayside resting a sheep came up to him, bleating in the most friendly fashion. The good monk petted the sheep and was grateful for its dumb friendliness, when suddenly he had an inspiration. He took out his sheath knife, sheared two handfuls of wool from the sheep and placed one in the heel of either sandal. That afternoon as he trudged along his feet seemed light, his step springy. The wool took the jar from his spine, the impact of the stony road from his aching, swollen feet.

The next morning as he started out he thought to rearrange the wool padding and discovered that the friction and the movement of his feet in the sandals had reduced the wool to a sort of a cloth. Thus was discovered felt, which to this day is one of the most effective substances ever discovered for padding purposes.

How Saccharin Was Discovered.

Saccharin is the most valuable substitute for sugar we know. Yet it, like many other present day inventions, had a rather unlikely beginning. It can be taken with impunity by diabetic patients, to whom ordinary sugar is death, and it is many times sweeter than that commodity. And, strangely enough, it has only been known to science since 1857.

That year Dr. Fahlberg was employed upon the all important subject of coal tar derivatives at the Johns Hopkins university. Sitting one evening at tea, he was surprised to find how sweet his bread and butter tasted. He traced the sweetness to his fingers, then to his coat sleeves and finally to one of the bowls of derivatives in his laboratory. Experiments upon himself and animals proved alike the harmlessness of the compound and its extreme sweetness. And saccharin was "discovered."—Exchange.

Marines and Their Fingers.

Men with long, tapering "plano" fingers are apt to desert after short service, while those having stubby digits, denoting stability of character and utter lack of the artistic temperament, usually stand by their oaths and make the best marines, according to finger print experts at headquarters of the United States marine corps. Although desertions from the corps are light at all times, it has been found that actors, sign writers and, strange to say, waiters furnish the largest number of deserters. Records, including finger prints, of all men enlisted in the marine corps are kept at headquarters for purposes of identification, and there are cases on record where bodies with finger tips intact have been positively identified through the finger print medium.

Quite Common.

"It's strange what interest small boys and girls take in boasting about the possessions of themselves and their families.

Mollie, aged nine, and Nancy, a year younger, were trying to outmatch each other at this game, and Mollie was several points ahead in the contest. "Oh, you should see my mother's fan!" she boasted, thinking to make her victory complete. "It's lovely—all hand painted!"

Nancy tossed a scornful head. "Pooh!" she retorted. "That's nothing. So's our garden fence."

Bold Court Fool.

Ferdinand II. was a man of very uncertain moods and would allow his jester to take liberties with him one hour while resenting any familiarity the next. One day he turned round on Jonas, his favorite fool, and thundered: "Fellow, be silent! I never stoop to talk to a fool!" "Never mind that," answered Jonas. "I do. So please listen to me in your turn."

To Make Sure.

"Won't you please leave the light burning in the hall, mother?" pleaded little Robert as he was being put to bed.

"Nonsense, Bobbie," was the reply. "Surely you know there isn't anything to be afraid of in the dark." "Yes, I know, but can't you leave a teeny weeny light so I can see there isn't anything there?"—Exchange.

Bob Burdette's Aside.

When Bob Burdette was addressing the graduating class of a large eastern college for women he began his remarks with the usual salutation, "Young ladies of '97." Then in a horrified aside he added, "That's an awful age for a girl!"

Envelopes.

Envelopes were practically unknown before 1725. About that time one was seen semi-occasionally. As late as 1850 letters were often sent folded and sealed. Envelopes may be said to have come into use shortly after 1844.—Exchange.

Badly Timed.

Nephew—I tried to get a raise today, aunt, but the boss refused it. Mrs. Blunderby—Too bad, Dicky! Perhaps you didn't approach him at the zoological moment.—Boston Transcript.

Atlas Rejoices.

Atlas bore the world on his shoulders. "It is much easier than having it on your conscience," he explained.—New York Sun.

The virtue of justice consists in moderation as regulated by wisdom.—Aristotle.

RADIO BETWEEN AEROPLANES

Message Sent and Received When Machines Were in Flight.

San Diego, Cal.—What is said to be an important advance in the field of aeronautical radiotelegraphy was achieved here when a wireless message was sent from one aeroplane in flight to another.

Captain C. C. Culver in an army machine piloted by Lieutenant Herbert Dargue received the message, which was transmitted a distance of several miles by Lieutenant W. A. Robertson, who was in another machine guided by A. D. Smith. The message, which read, "National aviation field sets new world's records," was received distinctly by Captain Culver.

According to Captain Culver, this is the first time on record in this country and perhaps in the world that a wireless message has been received by one aeroplane from another while both machines were in flight.

BABY SERVED IN A LAWSUIT.

One-year-old Heir to Share in Million Dollar Estate Summoned.

Bridgeport, Conn.—A one-year-old baby was served with papers in a lawsuit when Deputy Sheriff Cunningham went to Riverside and found little Helen Green at the palatial summer home of her father, Harold Rumsey Green.

The baby is one of twenty heirs of James Green, who died in St. Louis in 1914, leaving an estate of \$1,000,000. Two of the heirs, Laura C. Littlebrant and Marlan C. Littlebrant of St. Louis, have brought suit to have the will set aside on the ground that Green was incompetent.

Cow Mothers Young Pigs.

Milton, Del.—Because his cow had been milked dry every evening and his family had been compelled to do without milk or butter John Henderson, of Broadkill Neck sat up with a gun the other night in the hope of catching the thief. He was astonished to find that the cow was a willing victim of his young pigs, who took turns sucking milk while the old cow lay on the ground for their better provision. The cow is now pasturing within a hog tight fence.

Eats Eel That Nearly Drowned Him.

Rochester, N. Y.—While County Clerk William S. Cornwell of Penn Yan was in swimming he cried for help, and when rescuers brought him to shore a five pound eel was found fastened to his right foot. The eel was killed and dressed, and in the evening Cornwell and his friends dined off the fish that nearly drowned him.

Big Pelican Killed.

Middlesboro, Ky.—A beautiful pelican was killed on a farm near Arthur, Tenn., recently. It was a large bird, white with black tips on the wings, which measured seven feet from tip to tip. Its bill measured twelve inches in length, and it stood five feet high.

Illinois Press Comment.

Springfield News-Record: The present system overburdens land and other visible property. It permits intangible property to escape.

Edwardsville Intelligencer: Popular willingness to give state legislatures the necessary authority to meet modern and advancing economic conditions, especially in states like New York and Maryland, where the vote was taken on a basis of actual experience, may be reflected in Illinois when the amendment is voted upon.

Illinois State Journal: In all these years no one has raised his voice in defense of the existing scheme.

Chicago Herald: If adopted by the people, as it will be, it (the amendment), will empower the general assembly to enact laws that will take note of the fact that income-producing power as well as market value, must be considered in any fair taxation system.

Troy Call: The pending amendment will not of itself make any change in existing laws.

Watske Republican: Other states have dealt with the tax problem with considerable success.

Milan Independent: Years of effort have been spent by honesty-loving legislators in getting such an amendment through as we now have to vote upon. The Farmers' Review: Under the present system, which has been in vogue in Illinois since 1848, greater burdens are constantly heaped upon real property.

Streator Free Press: The action of the legislature with reference to the taxing of Illinois is eminently timely.

Galesburg Mail: There is nothing to lead us to believe that the people's verdict will not favor new tax laws.

Elgin News: If all the property in Elgin were actually taxed, the revenue derived therefrom at the present rate would be more than ample. But it never has been and never will be under the present law.

Kewanee Courier: Injustice and inequity should give way to fairness in our Illinois system of taxing and this action of the legislature (submission of the amendment) is a step in the right direction.

Belleville News-Democrat: Other states, similar in character to Illinois, by modern and scientific methods, have made tax-dodging a rare offense. Instead of a common habit, and have devised means for taxing effectively and justly those classes of property which largely escape in Illinois.

Dixon Telegraph: In eastern states where the power of centralized wealth in great cities is greater than in Illinois, we see no tendency to exempt this vast (intangible) wealth, but rather the effective taxation of it on a basis, having some regard for the income and character of the property taxed.

Monmouth Review: Let anyone invest his or her savings in bonds, stocks or mortgages, or let anyone put a sum in a savings bank, and Illinois demands annually half or two-thirds of the income from such securities or deposits.